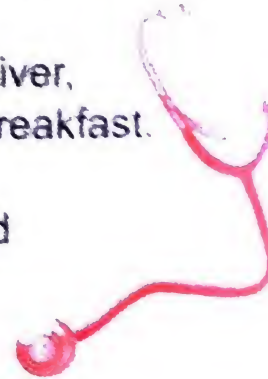


# **Rapiti Eating plan-lose 5kgs a month !!!**

Obesity can lead to diabetes, heart attacks strokes, heartburn, arthritis of the knees and poor sleep. An easy, cheap and proven way to lose weight is:

1. Cut out all carbohydrates ( bread, cereal, rice pasta, cake puddings, sugar, fruit juices and gas cooldrinks, sweet yogurts).
2. Eat a proteins (meat, chicken, fish, liver, cheese, eggs) with vegetables for breakfast.
3. Fruits for lunch.
4. Proteins meal at about 3.00p.m. and
5. A light protein snack for supper.
6. Plenty of vegetables with meals.



To sleep better, suppers must be very small. Always eat before you get hungry and you will eat less. Food portions must not be bigger than your fist; that's the size of your stomach.

Only drink water and small amounts of diet cool drinks; stop fruit juice.

\* Flavoured water also has calories\*

## **Dr. E. V. Rapiti**

B.Sc (Hons.) M.B.B.S. F.C.F.P. (SA) DCH MBA Asthma Dipl

Specialist Family Physician & Child Health

Tel: (021) 397-6029 Cell: 082 581 1846

Email: robertrapiti@gmail.com

www.drmapiti.com



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Full general examinations, Pap smears, ECG's, Lung function tests, Child health care  
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problems, sexual disorders. Special interest: Asthma, Diabetes, heart disease